

Stanford Patient Education Research Center

The Stanford Patient Education Research Center is part of the [Department of Medicine](#) at the [Stanford University](#) School of Medicine, located in [Palo Alto, California](#), U.S.A. For nearly 3 decades, we have developed, tested, and evaluated self-management programs for English and Spanish speakers with chronic health problems. All of our programs are designed to help people gain self-confidence in their ability to control their symptoms and how their health problems affect their lives. Our small-group workshops are given in community settings and on the Internet. They are facilitated by two leaders/moderators with health problems of their own. The workshops are highly interactive, focusing on building skills, sharing experiences, and support.

Our main mission, however, is research. We only develop and offer programs that we test for effectiveness with randomized, controlled trials that are funded by research grants and span two to five years. The aim of all of our programs is to improve the physical and emotional health of participants while reducing health care costs.

Our professional staff of health educators has been working together for up to twenty-four years, and are highly respected in the field of health education and nursing. Our publication list of books, consumer articles and peer-reviewed journal articles is extensive. We have served as technical consultants both nationally and internationally.

What's New

[Online CDSMP now being offered as pilot program in 7 states](#)

[Cancer Survivors Needed for Online Self-Management Workshop and study](#)

[Fidelity Manual](#) and [Fidelity Tool Kit](#) (pdf) for administrators/trainers

[Implementation Manual](#) (pdf) for administrators/trainers

[August cross-training for Positive Self-Management \(HIV\)](#)

[Pain Self-Management Program training and cross-training](#)

NCOA has licensed both CDSMP and ASMP Online programs, contact Jay Greenberg, jay.greenberg@ncoa.org for more information

